

## DR. HEIDI BROCKE

### TOXIC RELATIONSHIP AWARENESS AND HEALING SPECIALIST

As an emotional abuse graduate, I know what it feels like to be alone, to be the only one who sees what is really going on, and to be the one who is feels like something is wrong with me.

I believe 100% that had I been aware of the characteristics of the toxic person and had a support system to draw strength from, I could have saved myself years of struggling, as I would have been equipped with the knowledge and accountability to better handle my situation.

My mission is to make aware as many as I can about the toxic relationship, provide programs to educate and strengthen the confidence and self-worth of those torn down, and be a happy inspiration of hope to those who are yet trapped within this cycle.



/COACHINGWITHDRHEIDI



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@DRHEIDIJO

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# ABOUT

Dr Heidi Brocke, after 23 years in healthcare practicing as a primary care physician, Doctor of Chiropractic, and acupuncturist she continues to expand her professional reaches into the realm of toxic relationship healing.

Graduating Palmer College of Chiropractic in Davenport, Iowa in 1997 gave Dr. Heidi a leg up in her healthcare career. Earning both her Bachelor of Science and her Doctorate in Chiropractic Medicine she is able to work with a variety of conditions, lifestyles and affiliates to treat and care for her clients.

She has done extensive work in the area of adrenal dysfunction and the lifestyle changes that go with recovering from the effects of living with chronic stress.

Emotional abuse awareness and healing is her specialty as she not only has had extensive experience working with those whose lives have been affected by emotional and narcissistic abuse but she herself is a survivor as well which makes her very relatable and trusted by clients and followers.

# PUBLIC APPEARANCES

Speaker, Mid America Chapter for Federally Employed Women, May 2017.

Television interview, STL LIVE, April 2, 2018.

Host and keynote speaker, 1st Annual It's Not Normal, It's Toxic: Toxic Relationship Awareness & Healing Conference, April 6-8, 2018.

Speaker, 3rd Annual Tutu Women's Conference and Expo, April 21st, 2018.

Speaker, Women Empowering Women, April 2019.

Host and keynote speaker, 2nd Annual It's Not Normal, It's Toxic: Toxic Relationship Awareness & Healing Conference, April 5-7, 2019

Speaker, 4th Annual Tutu Women's Conference and Expo, May 4th, 2019.

Speaker, Philanthropic Educational Organization (PEO), May 7th, 2019.

Speaker, Mid America Chapter for Federally Employed Women, May 15th, 2019.

# AWARDS

Empowering Women in Business of The Year Recipient - Inspiring Lives Magazine  
October 2019

# PUBLICATIONS

Gardner, Kate, compiled by, *Missing Piece in Forgiveness: Overcoming the Impossible*, 2015 Amazon Bestseller.

Davis, Cathy, compiled by, *Hear Her Now: Positive Perspectives on Women Coming into Their Power*, 2018.

Ducharme, Jamie, featured

*"How To Tell If You're In a Toxic Relationship — And What To Do About It"*

Time magazine, June 5, 2018.

*"The Misconception of Toxic Relationships"*, Inspiring Lives Magazine, March 24, 2019.

Burns, Stephanie, featured

*"4 Tips To Handle Toxic Co-Workers"* FORBES Magazine, October 17, 2019

Articles by Dr. Heidi for Real Producers Magazine: (Links unavailable; subscription-based magazine)

"Live with Intention"

"Live Your Life on Purpose"

"Permission to Quit"

"Reasons v. Excuses"

"Spring into Spring"

"Criticism"

"Trust Your Wings"

# EDUCATION

DC Palmer College of Chiropractic Feb 1997  
Graduated Summa Cum Laude

BS Palmer College of Chiropractic Feb 1997

Logan University, Acupuncture Certification  
Aug 2014

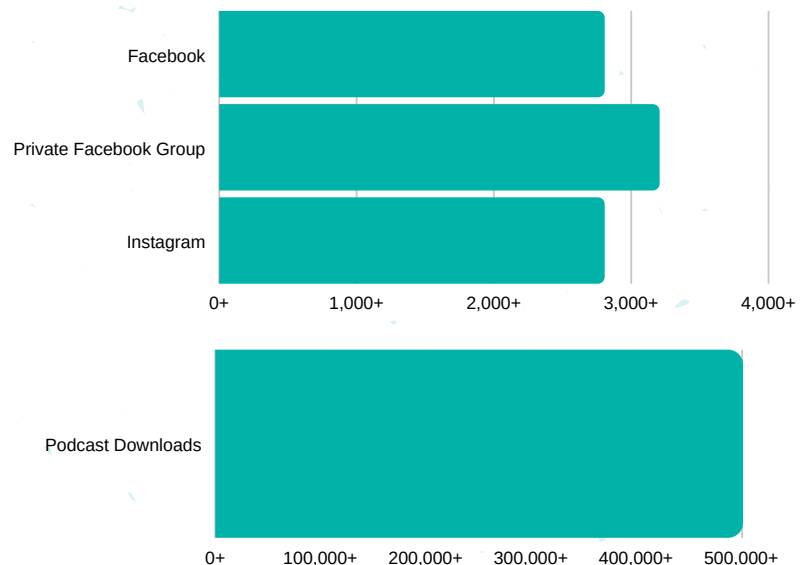
# PODCAST

**Host,** *"It's Not Normal."*

*It's Toxic: Rid Your Life of Toxic People,* March 2018 – Present.

# STATISTICS

**Followers on social media  
platforms (+ growing daily)**



# TESTIMONIAL

*"Dr. Heidi blew my mind. On a whim, I went to one of her meetings to learn more about the narcissist. Listening to her, it was like a light bulb went off. From that first meeting and every moment forward, Dr. Heidi has created a safe space where I can confide in her and others that know my pain."* Julia F.